

NEWS RELEASE



For more information, contact:
Henry Robertson
(252) 535-8585
hrobertson@halifaxrmc.org

For Immediate Release

FREE SEMINAR TO BE HELD AT HEALTHLINK

ROANOKE RAPIDS, NC - (January 7, 2009) - Halifax HealthLink, will host a free seminar on January 14, to promote the health benefits of multivitamins and Vitamin B- Folic Acid. The event starts at 10:30 and lasts until 11:00. Door prizes and refreshments will be provided.

Guest Speaker Gina Smith of the March of Dimes will speak on the uses and health benefits of Folic Acid, especially for pregnant women and those trying to become pregnant. A healthy diet including the appropriate amount of Folic Acid has been proven to reduce the possibility of certain birth defects. Folic Acid has also been proven to be beneficial to people of all ages, including men, and may help avoid certain cancers, cardiovascular disease and even Alzheimer's disease.

Following the presentation, questions from the audience will be answered.

"We hope that everyone, especially women of child bearing age will attend this event," said Jackie Cieslinski, HealthLink Coordinator. "This event will hopefully raise awareness of the importance of Folic Acid and lead to a healthier community."

This program is made possible through the joint effort of Halifax HealthLink, the NC Folic Acid Counsel and the March of Dimes. For more information on Folic Acid and its benefits, visit www.getfolic.com.

Halifax HealthLink is a service of Halifax Regional. For more information, call 252-535-4334.

###

About Halifax Regional-

Halifax Regional Medical Center is licensed for 206 beds, including psychiatric and nursery. A non-profit organization, Halifax Regional is fully accredited by the Joint Commission. For more information, visit www.halifaxregional.us.